

Sticky Toffee Puddings



Makes 6 really scrummy toffee puds

Ingredients

100g (4oz) JUVELA Gluten-Free Mi/Fibre Mix
100g (4 oz) muscovado sugar
100g (4 oz) butter
2 medium eggs beaten
2 tspn water
100g (4 oz) chopped dates

Toffee Sauce

100g (4 oz) muscovado sugar
75g (3 oz) butter
5 tspn double cream

To Serve

6 pecan nuts

You will need 6 mini pudding basins, lightly greased or a 15cm (6 inch) square tin, lightly greased and lined.

Method

Place all the ingredients in a large bowl and beat together thoroughly.

Then divide the mixture between the pudding basins and bake in a pre-heated oven (180oC/350oF/Gas Mark 4) for 25-30 minutes, until springy to touch.

Allow to cool slightly and turn onto a wire rack. To reheat, place in a microwave oven for approximately 1 minute per pudding.

To make the **toffee sauce**, place all the ingredients in a pan and heat gently, until the butter has melted and the sugar has dissolved.

Allow to simmer for 1 minute, (many shop bought toffee sauces are gluten free).

Pour the sauce over the hot puddings and top with a pecan nut.